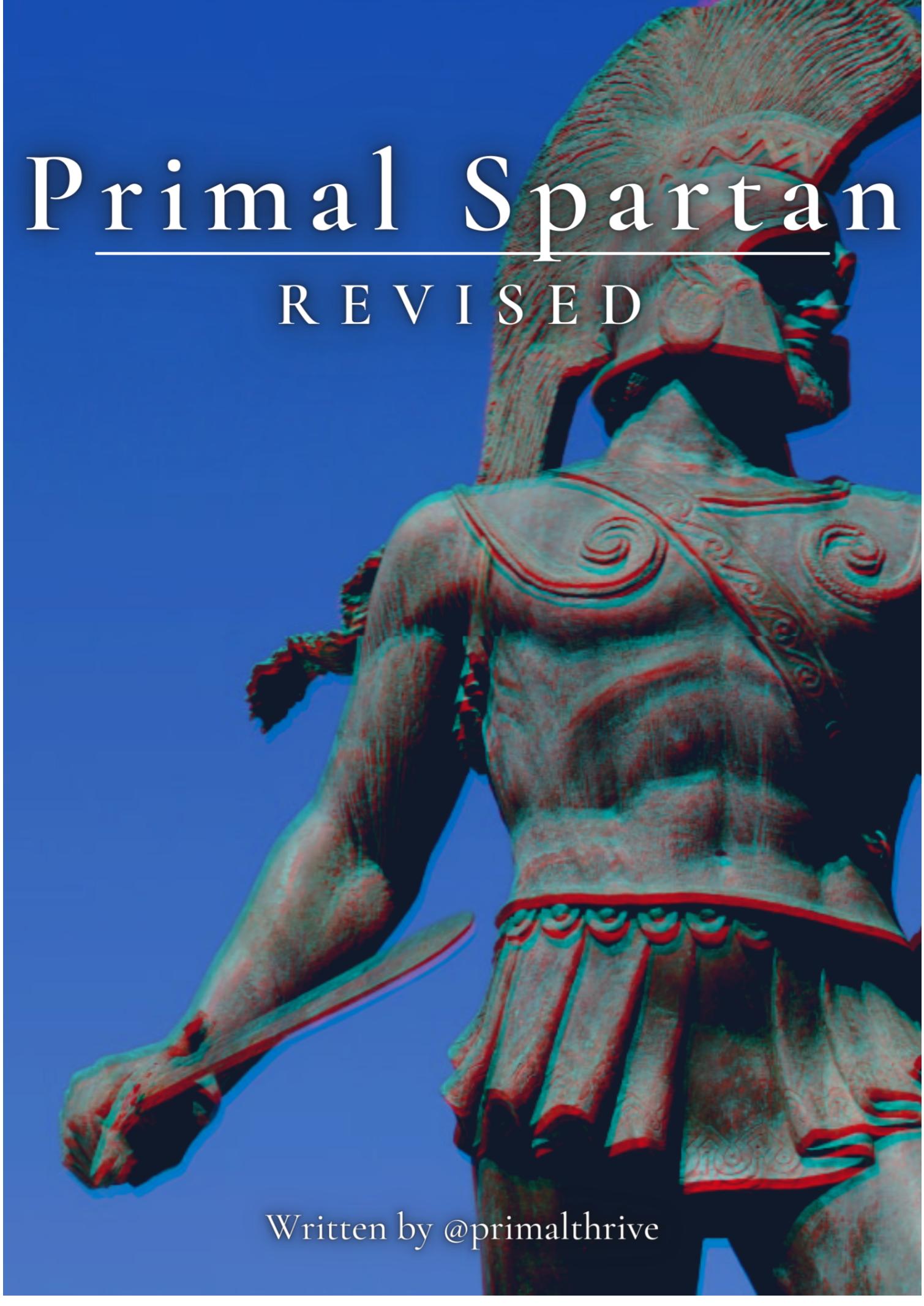


Primal Spartan

REVISED



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Introduction

Primal Spartan is made for one thing only: getting in shape while training in such a way that T levels don't plummet. As most training protocols focus on getting BIG GAINS - it is not known that overexercising is one of the root causes of low testosterone levels. **Too much physical stress can lower T levels.**

This is why I developed a program that respects the neuroendocrine response, training in such a way to trigger testosterone release.

The principles behind the neuroendocrine response:

1. **Intensity:** The release of testosterone, is best stimulated with heavy load resistance (85-95% 1RM) and short rest periods (30-60 seconds) under the stress threshold.
2. **Volume:** The magnitude of the hormonal response depends on the amount of tissue stimulated. Use of more tissue (such as bigger muscle groups) leads to a greater hormonal response.
3. **Hierarchy:** Work large muscle groups before smaller ones & aerobic before anaerobic.

Breakdown:

The Primal Spartan regimen uses ideal rep ranges plus performing the bodyweight exercises with an additional weight to max on intensity, and thus testosterone release (1). You will train large muscle groups first and smaller last; the stimulation of large muscle groups favors testosterone production (2&3). Aerobic exercise and endurance will always precede anaerobic exercise (3).

You will train everyday and have one rest day.

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Each day will be different both in exercise and intensity and will cover the four pillars that make up the regimen:

- Neuroendocrine responsive training
- Neck Training or Core Training
- Endurance & Strength Endurance
- Mobility and Flexibility

+ recovery

Besides training the body we shall begin with developing the mind, restructuring it in a righteous fashion. The program includes also a diet that will serve the purposes regarding recovery + longevity.

Enjoy

Primal Thrive

MENTAL TOUGHNESS CULTIVATION

HAVE ZERO TOLERANCE WEAKNESS

Let us go back to ancient Sparta where one of the sole purposes among men was to cultivate warriorship through hardships and training.

Weakness was not tolerated among the Spartans and it was understood that a strong physique would build a strong mind. To train the body is to inevitably train the mind. This was their ethos, their moral standard. The universal spirit that men should be hardened in a multitude of ways.

Spartan men were hardened through:

- Physical training ALL DAY long
- Survival in nature in all seasons
- Fasting or severe caloric restriction while working out

Cultivating mental strength relies on doing the very things that everyone tries to avoid. Seek for the discomfort. Do the very things that are hard, that demand a lot of energy, bravery and skill.

Instead of being comfortable, become comfortable in discomfort.

The only way towards your peak potential is through hardship. The sooner mental toughness is cultivated, the easier it will become to accomplish what you set out to do & to take action when shit hits the fan. Being mentally strong requires investment and awareness. You must be serious and intentional with your growth and your life's purpose. Men becomes by overcoming his obstacles towards his known goal.

Creating a purpose and then putting the consistent action into it will favor your personal learning curve. Problems will appear and you will solve those. The body will become stressed and you will learn to go beyond and then rest. You will fall and you will rise. It is all about having the long term perspective, can you see it?

A personal story:

Fuck all morning routines. Wake up and go out of bed the moment you have enough brain activity going on, then just make your bed and have some water and just begin with whatever needs to be done. If it is training, then train. If it is work, then work. If you have time for breakfast, then enjoy having breakfast. I was ones hypnotize and sold for the idea that a so called 'morning routine' would contribute to success. Now I see it as a waste of time: the cold showers, the affirmations, the 15 min yoga asana's, the breath work and stretches, the gratitude journal,... You just slept 7 - 8 hours = **YOU ARE READY FOR THE DAY!** Absolutely no need to do these things. On the High T lifestyle we **JUST GO.**

By overcoming hardships, both mental and physical ones (they are one), and we accumulate energy and resources as a preparation for the struggles to come.

But these days...

We lack men with vigor.

We lack strength and persistence.

We don't lack comfort and weakness...

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This is why it is foundational to set clear boundaries, a line of defense so to speak, against malevolent forces that try to weaken the body, mind and soul.

Your new mantra:

Have Zero Tolerance for What Makes You Weak

Never forget this, and constantly repeat this to yourself the first months you start out after reading this program.

This is a phrase that I repeatedly repeat to remind myself that weakness is everywhere, and that there is no tolerance for it.

This “mantra” keeps me from doing stupid shit that would waste my time, for example I don’t have tolerance for: scrolling, arguing with people both in real life nor on social media, I’m not exposed to screens in the evening and I don’t compensate my sleep to do other things.

I’m also consistent with my diet, testosterone lifestyle and the business that I started to build. As you can see, if you don’t have tolerance for weakness you will gravitate naturally to tough scenarios and do the necessary things.

It is in my opinion that many people suffer because of not having this mindset: ‘Have zero tolerance for what makes you weak’ and ‘Have no time for any BS’.

It is not necessarily what you add to your life, it is more of what you remove or what you don’t allow to come into your life in the first place. This isn’t only my Ethos, this was the Ethos of many men from the past and especially in the Spartan culture.

Discipline VS Anti-Discipline

Many struggle with being disciplined with sleeping on time, going to the gym, eating a healthy diet, being consistent. This is because discipline becomes a goal, an ideal, a false god.

If discipline means that we do an action over and over again, which is a consequence of myelination, then everyone is pretty disciplined already but in all the wrong ways.

The key is to develop a sort of tunnel vision, to ‘blur’ all distractions, and becoming highly focussed at what you do. This is when all distractions and desires become of lesser meaning. My standpoint is that we are already highly disciplined, so we don’t need to become something we already are. The trick is to separate the energy sucking weeds from the roots with anti-discipline.

The Anti-Discipline Approach

This approach is about ignoring and consciously declining to engage in meaningless things. It is the practice of saying ‘No’ instead of saying ‘Yes’.

This approach is about not doing things, avoiding them so you can have the freedom to express your gift and create a life about what you really want to do and bring forth. There is absolutely nothing to lose, and everything to win with this state of mind.

Rather than investing your time in building good habits, you simply switch the script and negate the bad habits. With the aid of a **Not To-Do List** you save time and energy by not doing the things that are no longer serving you.

contentzone

This Not To-Do List prevents you of being reactive in the first place, as it is a mental guard that doesn't allow any bad habit (weakness) to prosper.

Action Step: Make a Not To-Do List

Everyone knows what a to do list is, but what is more powerful is to make a not to do list. On this list you will write ALL the things that you know you do that you shouldn't be doing/ or that you are tempted to do, that you will do no more.

This is a very individual list obviously, and as example I will share my own Not-To Do List, at least the most important ones:

1. I do not compromise sleep

Compromising sleep will affect all facets of your waking hours. Some can manage sleep deprivation, but not in my case. The slightest sleep deprivation can offset my productivity for the next two days. You need to maintain the quality & quantity of your sleep.

Let nothing disturb your sleep, simply don't allow it. Btw sleep is your number one longevity pill. My friends who didn't prioritize sleep in college have wrinkled skin and greying hair, I have not.

2. I don't argue with people (online)

Getting into an argument with someone is basically affirming to person who started the argument. It is all about emotion, attention seeking, and wanting to feel right. So why respond to it in the first place? You simply don't as it is a waste of time.

3. I don't rush

Good work takes its time, so I don't rush. Does this then mean that I am lazy? No, on the contrary I can be productive and having no deadline but still finish all my work. Sometimes not rushing means simply to be (better) prepared.

4. I do not consume more than I create

It is in my nature to create more than I consume. However, to keep my momentum high, I have to be creative in running my business. Input must be balanced with output. This is the same with reading and writing, eating and working out, earning and spending, etc.

5. I do not drink coffee every day

Too frequent coffee use will become a habit of daily consumption, and from a health standpoint you don't want to be stimulating yourself everyday. This will have negative consequences that will make you weak and less productive. Be your own source of stimulation, and don't depend on something external to make you go shit or to wake you up.

6. I do not engage in anything that wastes my time

My early twenties were 'wasted' in university. Studying and getting a degree was not the smartest idea back then. This made me very aware with the time I have and how fast time goes. Having a purpose and knowing where you are going deserves the bulk of your time and attention.

7. I do not have old problems

New problems are good, old problems are bad. How often do we encounter people who still have unresolved problems from 5, 10, 20 years ago...? Don't be that person. Be a problem solver, and don't let any old problem become chronic.

8. I do not hold grudges

During college I studied Traditional Chinese Medicine or TCM for three years, where I learned how every emotion is produced by the organs and how it is affecting that organ when the emotion persists for too long, causing eventually disease. Similar to old problems, you don't want to store old emotions for too long, they must flow.

9. I do not do what 'They' say I must do

Coming to the realization that most people don't know what to do so they just accept what the mainstream tells them to do. I will write more about the (anti)authoritarian personality further in this text, but understanding how brain chemistry evokes herd mentality is quite fascinating. Developed an inner compass, and be self-navigating. Do your own research, but don't just do what 'They' say you should do.

10. I do not give up

Failure only exists when you accept that you failed. Otherwise it is just a lesson, in fact it is a win. If you didn't succeed in something you can discover why that was, and reinvent yourself for success. The mindset that I have developed doesn't understand giving up... it already comprehends that it can achieve anything over time.

Now it is your turn.

Write down all the things that you will not do in bulletpoints on a blank piece of paper, and repeat those phrases everyday when you wake up.

Diet for Discipline & Mental Toughness

Diet has a foundational impact on the way you perceive reality. Many of the neurotransmitters are in fact protein that come from the diet. This means that if someone has problems in changing mental patterns and habits, it could be a nutrient deficiency. There is much that can be done when you have the understanding on how the body works. A weak mind can be made clever and strong again through the means of nutritional applications.

For instance fat soluble vitamins A, E, D and K which when fed consistently and abundantly, will **restore mental essence** as much as possible. These nutrients have direct effect on the physiology of the nervous system and can even alter the DNA's expression.

Especially **vitamin A**, a fat soluble vitamin, is of great importance for mental strength. Vitamin A regulates the dopaminergic system (dopamine), and it

saturates in the Hippocampal and Hypothalamic regions of the brain and it is there needed for strategic thinking, action taking and emotional control.

On the other hand, **vitamin K** plays an important role in myelination of the nervous system, energy production of the mitochondria, and in testosterone production. Other important nutrients are thiamine or B1, choline and zinc, which are all related to favor intelligence and mental wellbeing.

A. Raw Liver & Mental Toughness

Eating raw liver was, is and will be a medicine for men. The taste of blood and iron is what will make men stronger. It will destroy weakness. Liver is from now on your weekly multi vitamin & mineral. Raw liver is a perfect source of BCAA's and Leucine, the amino acid that induces growth. Want to be bigger, eat liver every day you train in small quantities (100 - 150 grams).

Most men who either were malnourished as a kid and had times of severe stress (basically everyone) need to replenish vitamin A stores as soon as possible.

The best foods to replenish vitamin A stores are grass fed beef liver, animal fat, free range chicken yolks and grass fed dairy.

Stress depletes vitamin A from those parts of the brain, causing non-rational thinking and behavior.

The modern western diet is void of vitamin A too and other nutrients because saturated animal fat & protein have been labelled as a heart disease causing. In addition to that, the quality of animal products are not the same as they used to be, or sometimes they are not even available at all.

Those who control the food supply, control essentially the people.

The number one priority is to get the best quality animal protein & fat you can get. If the city is not an option, source these at a local farm outside the city. Be a problem solver, and solve the quality of your food supply.

Back to the basics: for some, starting your own farm will be a longterm solution and a new way of life.

Vitamin A will make you physically stronger and will reshape the mind (I'm not kidding, the amounts of liver I ate shifted my perspective and made me successful in my terms). It will also boost testosterone and thyroid levels so you will become more discerning and action oriented while having more energy.

If you think of eating a shitloads of carrots for vitamin A, I can say only this: plants don't have active vitamin A, plants only contain carotenes which are poorly converted into retinol or active vitamin A.

Retinol is a fat soluble vitamin, so it will need a fat to be absorbed and this is why it comes naturally in saturated animal fat.

B. The Mind Relies on Metaphysical Connection

All people of recorded history have believed in and worshipped God in one way or another. To live a life without God is something completely new.

It is novel.

Whenever men becomes too isolated within the physical and scientific realm, it appears that the mind then disconnects from the metaphysical mystery of existence.

This is a side effect of physical comfort, or of an über materialistic culture. If there is no suffering or direct contact with death, then men forgets the he is mortal. This is the very idea were we find meaning in, in suffering and in the observation of death. This is why philosophers had a skull on their desk, to remind them of the proximity of death.

Accepting that there is some metaphysical force above us all and all living things on earth, and be willing to live by its divine laws brings forth mental fortitude. Men is not alone, God is with men, and by realizing this, men find themselves trustworthy in the process of life and it's unfolding.

Men, especially (young) men who lacked a father figure can center themselves through God via prayer.

From James 1:5

"If any of you lacks wisdom, you should ask God, who gives generously to all without finding fault, and it will be given to you."

As said in the Bible that darkness came before light, and when God entered into the darkness he spoke light into existence. When our world is dark, our vision is blurred and so we live in confusion. When our perceived world bathes in light, we see clearly and we are able to discern. Hearing the voice of God centers and orientates men, whereas not hearing God's voice makes us stand alone, and our ears become prone to listen to deceptive messages.

C. Building Physique

Metaphysical nourishment can also be obtained through physical suffering of one way or another. When men comes close to pain, or when men is at the edge of his capacity, he is forced to go within and to go beyond.

Whenever the physical body meets its physical limits, you face your inner self. The mind becomes stronger in those moments. So to end, there is no excuse to stay weak.

It is NOT a sin if you are weak, it is a sin when you don't do anything about it.

Action steps:

1. **Reflect on your current situation:** observe, and write down the **things** that make you weak: people, circumstances, thoughts, addiction, alcohol, porn, games, donuts,... you name it.
2. **Observe yourself in those situation:** become aware of your reactions and intentions. Also pray for forgiveness for that weakling you have been. God wants you strong not weak!
3. **Make a 'Not to Do List'** wherein you state all the things that make you weak and that you won't do anymore. Build that wall against weakness and degeneracy.
4. **Buy organic liver and have the taste of raw liver.** Make this your weekly routine and saturate your brain with vitamin A. For some this can take months to replenish retinol stores.
5. **Pray to God and repent your sins,** either with a priest or a friend. Repentance clears the old and makes place for the new.

BECOME ADDICTION FREE

Addiction is a brain disorder characterized by compulsive engagement in rewarding stimuli despite adverse consequences. This rewarding stimulus unleashes feel good neurotransmitters like dopamine, which makes a person ‘high’, experiencing states of ecstasy. Fortunately, this comes at a cost of a drop in certain nutrients and neurochemicals, indicating that that stimulus isn’t really doing any good in the long run.

However, many ignore these dips and seek out to further highs which eventually will result in chronic addictive behavior that undermines ones health and progress.

The reason why someone feels bad and low energy is because the constant exposure of a stimulus leads towards a **depletion of neurotransmitters**, nutrients that build these neurotransmitters, and a change in the sensitivity of the associated receptors.

So what to do about it?

Just like ‘discipline’ being a hard thing for most people, so is addiction a tough one to solve or overcome. This is why the approach must be different. But before we start with bringing solutions, let’s bring some more perspective.

Establish Perspective:

1. Realize that addictions are **NORMALIZED** in our modern society, some of them are even glorified. There is no room for any addiction if you are serious about progress in life. If there is one thing you can be addicted about, it is progress. The want and need to strive for betterment.
2. Now reflect on your current **CONTEXT**. The context you are in determines for a large part the input you are exposed to. You probably have heard the phrase: “you become like the 5 closest people”. This is very true. Breaking an addiction within a context is hard, therefore change the context first when getting off an addiction. Changing context will change the input, which eventually will have a ripple effect on your mental health and the way you make decisions.
3. Change what needs to be changed. This could be, but not always: family, friends, geographical location and the media you are exposed to.
4. If there is trauma involved, which is sometimes the case in several addictive patterns, I can recommend doing (ear)acupuncture, herbalism and/or some kind of reflexology. The organs store energy, and when this energy is not released, trauma still remains in the body.
5. From my own research, I found that the act of turning towards religion and God helped a myriad of people in healing their old traumatic wounds.

How Does Nutrition Impact Addiction?

Nutrition plays a predominant role in brain chemistry and the synthesis and homeostasis of neurotransmitters. For instance zinc, B6, magnesium, taurine, tyrosine are all needed to build dopamine.

An example that I found recently: *“Dr. Roger Williams, an American biochemist who discovered pantothenic acid (vitamin B5), found that rats that were deficient in certain vitamins consumed more alcohol than those that were not vitamin deficient. But when those vitamin deficiencies were fixed, alcohol consumption decreased.”*

Nutritional deficiencies cause a weak foundation that will allow withdrawal symptoms to be experienced more intensely which can lead to poor recovery and a relapse. Deficiencies also cause poor decision making and addictive behavior (lack of inhibition).

When the brain is **saturated** with fat soluble vitamins, choline, zinc, dopamine and cholesterol, one just simply isn't interested in addictive things.

Become your own source of stimulation and inspiration.

One of my first written courses on nutrition was '[The Barbarian Diet](#)', which is an extensive course that covers solutions for brain chemistry related subjects.

FASTING AND FEASTING

To fast is the most direct way to reveal addiction and weakness. When someone fasts, the demons come to the surface.

Fasting is a great way to reduce body fat too. Something the Spartans were known for was that they were very lean. Fat was not accepted in Spartan society and those who were fat, were mocked.

Spartans ate enough but never overate nor did they indulge like we do in our western society.

Overeating strains the organs and drains ones strength as digestion requires energy.

Spartans follow the 80% rule: stop eating right before you are full and satiated. If you develop a control over your food intake you will cultivate the mental power to control other aspects of your life.

Body fat or fat in general actually acts as an organ, as it can produce hormones on its own (estrogens). Fat tissue has a high aromatase activity, which is an enzymatic reaction that converts testosterone into estrogen.

This means that the more body fat a man has, the more he will produce estrogen from this fat tissue. This can cause a plethora of health issues because high estrogen levels lower the metabolic rate and oppose testosterone production.

Therefore FAST

Condition your body to fast.

Fast for one day when never fasted before.

Fast for two days when you find it easy to fast for one day.

Fast for three days when you can easily fast for two days.

Fast for five days.

Fast for seven days.

Fasting will strengthen the mind. Fasting is mental fitness. Fasting will make you stronger by digesting the weakness inside of you.

If you never fasted before do this first:

1. **Eat a nutrient dense diet for a couple of months.** The nutrients will saturate and build a strong body. This makes a man able to hold the intensity that fasting brings.
2. **Control your mind by controlling the foods you put into yourself.** If you haven't established basic control then fasting will be a hell for you.
3. **Do this the days before a fast:** lower your carb intake, so your body can shift into ketosis faster.

The Benefits of Fasting

So once you are fasting you initiate the innate cleansing processes and by cleansing yourself your mind will become clear and if not you will become too sick because of all the accumulated toxicity.

Fasting will clear dead and damaged cells (autophagy), to make space for new and healthy ones to grow.

Fasting will burn excessive fat.

Fasting will heal most conditions.

If you have never fasted before reach out to someone who did, or just do a one day fast. For some this is risky, especially if you have diabetes or any other condition that involves blood sugar regulation.

During a fast you can become severely sick because your body starts to tap in to energy stores (fat) that holds toxins.

This is a good thing – keep that in mind. Once this toxicity is released, one can become severely sick. Elevated temperature and fever are one of the symptoms of released toxins.

What Happens During a Fast?

A three day fast, three to four times a year is doable for most people and will reap the benefits that fasting brings. This is what happens in your body chronologically when you start to fast:

12 hours

- Initial release of Human Growth Hormone or HGH
- Time for bowel movement or enema

24 hours

- Rise in HGH production
- Ketosis and fat burning begin
- Autophagy begins
- BDNF release

48 hours

- HGH peaks
- Brain & Gut healing
- Initial start of Stem Cell release

72 hours

- Rise in Stem Cell formation
- Immune cell regeneration

After a 3 day fast you can experience:

Growth Hormone levels double or triple during a 3 day fast. This is a peptide hormone that facilitates growth, regeneration and cellular reproduction. Growth hormone is also responsible maintaining muscle mass, metabolic function, and fat loss.

Autophagy which is a state of self-repair. The self-repairing mechanism of the body quicks in within every cell, triggering the cleansing mechanisms to break down old and damaged cells, turning them into fuel. While this happens, new cells are created to replace the old ones.

All organs, the nervous system including the brain, and the joints benefit from a 3 day fast. **Inflammation** goes drastically down, and the healing process takes over. After three days stem cell production starts to peak and the immune system regenerates itself.

At the end of a fast you will feel rejuvenated and stronger. Your physique will improve in the weeks following the fast and you created a clean slate for yourself.

Fasting & Testosterone

It is true that testosterone declines when fasting, especially after one week. However, they turn above baseline the days after breaking a fast, which indicates that the testicles either work more efficiently or they (over)compensate for the low T days during a fast.

Herbs & Fasting

Most people only drink water during a fast but don't know anything about the use of herbs or tonics. Herbs can improve the result of a fast, mainly aiding in detoxification by elevating detox enzymes like SOD, catalase and glutathione.

Reishi has calming properties to it. This is particularly interesting for anyone who experiences insomnia, anxiety, heart palpitations, or nervousness during a fast. Reishi also has the potential to clean the Liver from past trauma and 'toxic emotions' on an energetic level. This quality makes reishi an interesting tonic to take during a fast and on a day to day basis for those who seek purification. Reishi also balances blood sugar levels, protects the liver against toxicity and aids in detoxification.

Tulsi or Holy Basil is another great adaptogenic herb that assists with spiritual cleansing, especially of the sixth chakra, heightening spiritual awareness. On a physical level, Tulsi has the intelligence to repair cells that were damaged by radiation, protects the DNA and aids in detoxification. Tulsi is an adaptogen, which means it assists the body adapting to the effects of stress, stabilizing the physiological processes that could be aggravated during a fast. Tulsi is an excellent herb to use during a fast or cleanse.

Milk Thistle protects the liver against toxicity by inhibiting the toxins from entering the liver cells, thus preventing liver damage. Besides that, milk thistle increases antioxidant enzymes within the liver, speeding up their rate so they can neutralize toxins and free radicals faster. Milk thistle can generate new cells and repairing injured cells in the liver and kidneys, by stimulating protein synthesis.

Chamomile contains apigenin a well known aromatase inhibitor. Aromatase activity can go up due to stress when fasting, converting androgens into estrogens. Apigenin found in chamomile relaxes the nerves, soothes the digestive system, encourages sleep and promotes longevity.

Further Assistance

Most people who fast aren't doing it right, nor do they break their fast correctly. You will need to prepare for your fast, especially when doing prolonged fasting.

Prepare yourself by eating less and less foods so your body becomes used to the caloric deficit. Then switch to a more liquid diet by drinking milk and juice or just plain broth. Start to fast after the liquid period.

During your fast you can drink the following:

- water with salt/magnesium for minerals
- herbal tonics to aid with detoxification
- bone broth for amino acids that will also aid in liver detoxification

Supplemental magnesium is recommended in general as fasting will deplete magnesium stores. For people with heart palpitation - which is normal during a fast - magnesium will help tremendously.

Breaking a Fast

There is this saying: “everyone can fast, but not everyone can break a fast.” This is very true. Although fasting can be difficult in the beginning, doing an extended fast is not that hard. Breaking a fast is quite harder as survival mechanisms quick in after realizing that there will be food consumption again.

This triggers the act of gorging, eating more than the stomach can handle, which is dangerous and sometimes even deadly.

It is also important to understand that breaking a fast with a certain type of food/ liquid depends on the amount of days fasted:

- 1 day fast can be broken with a normal meal.
- 3 day fast can be broken with a small meal that consist of several different foods or something liquid like broth, milk or juice.
- 7 day fast can still be broken with a small meal, but best consisting of one type of food that is raw.
- 14 day fast is best broken with something liquid like bone broth to start digestion. No fat nor protein should be used to break a fast, nor cooked starch (dangerous) as the digestive juices have completely shut down. Broth, juice, or a small piece of fruit should be used instead to break a 14 day fast.

When you do prolonged fasts, ask for guidance first!

When breaking a fast, go with your intuition always.

Know that the longer you fast is, the more your digestive organs reside in a resting state. This means that when you break a fast with something heavy like protein, fat or cooked carbs, it is very hard for your digestive system to shift back on in working mode.

This is why to go by the rule that the simpler the food is to digest, the better it is to use that food to break your fast with.

Examples of easy to digest foods:

Raw meat

Raw organ meat

Raw milk

Raw honey

Raw but RIPE fruit

Raw fruit juice*

Bone broth

*Fruit juices should sometimes be diluted with water and should be sipped to buffer the sugar spike, as the body hasn't used glucose for a while.

PHYSICAL PROGRAMMING

TRAIN LIKE THE SPARTANS

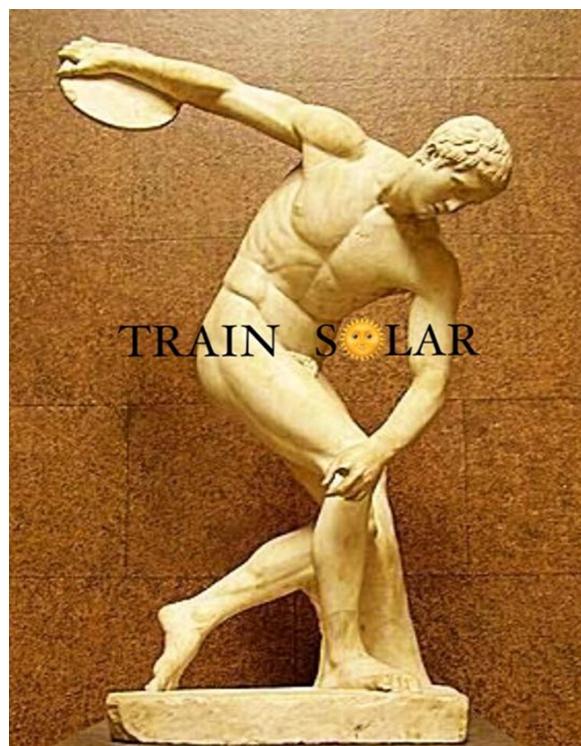
Training Principles

I included some training principles that were common in all of ancient Greece & modified them.

1. Train Solar & Polar

To every Spartan warrior one single cloak, called the **Himation**, was handed over. This was done once a year meaning that they got one piece of clothing once a year.

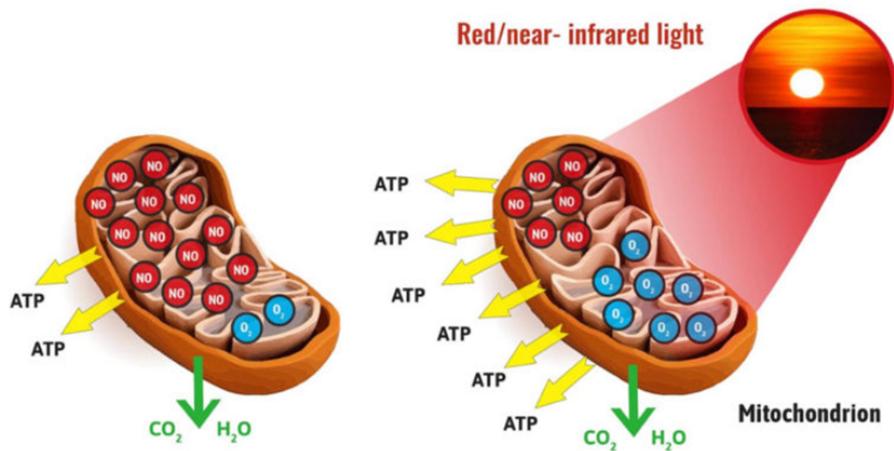
The purpose of the Himation was not to cover up and protect the body, rather it was designed to expose them to the extreme temperatures: scorching summer sun and the boreal northern winds. Besides the elements, the cloak was also designed to mock one another, especially if someone was overweight.



The Spartans trained outside and so should you.

The sun is the sustainer of life and energy on this earth and you obviously noticed this, that when exposed to the sun you feel less hungry and more energized at the same time.

This is because the **mitochondria** – the powerhouses of your cell – are working way more efficient when exposed to solar rays.



This is why sunlight will make you lean.

Sunlight boosts testosterone and shrinks fat cells. The more energy you produce at rest, the more fat you will burn and with more testosterone you will switch into a more anabolic state which will trigger fat loss as well.

Other benefits of sunlight are improved mood, better recovery, more testosterone, bronzed tan, stronger bones, deeper sleep, less illness in general and increased muscle mass.

Your body has natural adaptations to cope with excessive solar exposure:

SWEAT will cover up your skin to reflect the rays of the sun, just like a mirror does. However, when this doesn't suffice you can smear yourself in with coconut oil or olive oil.

Olive oil can make you stay in the sun twice as long because of its reflection potential. When the skin is covered with olive oil, it reflects the radiation from the sun light.

The Sun and Skin Cancer?

It is interesting to state that cases of skin cancer went up when the majority of the western world went on a processed food diet altogether with “protecting” the skin from the sun with sunscreen. What a retarded idea to mistrust your own body while intoxicating it with poisonous sunblock.

For thousands of years people have walked the earth being exposed to solar radiation without protection of any sunscreens and creams.

The reason they could tolerate the sun better is twofold. First of all, their diets were ideally fit for them and protected the skins of our ancestors from the sun.

A diet high in animal fats provide natural internal sun block antioxidant vitamins A and E. Besides that, regular consumption of seasonal fruits (especially citrus) and green plants (especially watercress) support and protect the skin against solar radiation.

Make sure the diet is also **high in cholesterol** – as sunlight decreases cholesterol levels drastically the demand will be higher during the summer months.

Secondly, people lived outside and were accustomed to (extreme) seasons. Humans are highly adaptive, and can survive in almost any climate. Time is here key, time to gradually adapt.

The sun is nothing to fear from, however you shouldn't go bonkers and show your pale white winter ass to the summer sun right away.

One thing to avoid are sunscreens!

The truth is that they cause more cancers than that they prevent them. Any sunscreen will block the good UV-B radiation which is the wavelength that makes you produce hormone D.

What it doesn't block is the harmful UV-A. When we expose ourselves to the sun we both get UV A and B, meaning that the wavelengths come in a balanced fashion.

Applying sunscreen to the skin (the largest organ) causes the **xenoestrogens & endocrine disrupting chemicals** leech into your bloodstream. This is the worst thing a living human can do, because when these toxins enter the bloodstream via the skin they bypass the filtration system of the liver and cause direct harm to the glands and organs.

These studies are backing up my claims:

1. The results of this study demonstrate that four tested molecules have effects on DCs and T cells which are the most important cells of the immune system. The impact is also visible on keratinocyte cells which are in the direct contact with skin sunscreens. ([Research on the immunosuppressive activity of ingredients contained in sunscreens](#))
2. When maternal and paternal urinary BP-type UV filter concentrations were modeled jointly, both maternal and paternal were significantly associated with an excess of female births. ([Couples' urinary concentrations of benzophenone-type ultraviolet filters and the secondary sex ratio](#))
3. Semen quality went down when applying benzophenone containing sunscreen in men, and was associated with reduced sperm counts (quantity) and with tail abnormalities (quality). [Urinary concentrations of benzophenone-type ultraviolet light filters and semen quality](#)
4. **Sunscreen and carcinogens:** Valisure found multiple sunscreen products that contain levels of benzene that significantly surpass the 2 ppm conditional FDA restriction. Furthermore, benzene is associated with certain blood cancers such as leukemia; specifically, over 400 times the threshold for systemic carcinogenicity assessment for at least one sunscreen active ingredient. <https://www.valisure.com/wp-content/uploads/Valisure-Citizen-Petition-on-Benzene-in-Sunscreen-and-After-sun-Care-Products-v9.7.pdf>

Tips: What can you do to protect your skin from the sun?

When it comes to sun exposure, the goal is to get the benefits of the sun without the possible damaging effects. Here are a few guidelines are doing so:

1. **Always build up tolerance first:** Gradually expose yourself to the sunlight and even more, expose yourself to several spectrums of sunlight – go outside at different times of the day to get exposed to several frequencies of the sun. Start building tolerance in springtime when the skin is most sensitive to sunlight.
2. **Avoid all processed foods and PUFA's:** A diet high in PUFA's is linked to rapid skin aging, liver spots and even skin cancer. These unsaturated fats become rancid quite quickly when exposed to sunlight so avoid these at all costs to prevent oxidative damage to the skin and other tissues. On the other hand, a diet high in saturated fats comes with antioxidants such as vitamin A, E, D and K, and minerals selenium and zinc, which have antioxidant properties too. Sunlight is shown to decrease cholesterol and even vitamin A, which makes it even more important to get enough of these nutrients.
3. **Protect yourself with a high antioxidant diet:** against the radiation. Like I already mentioned, the fat soluble vitamins benefit and protect the skin from solar radiation, especially vitamins A and E. Other antioxidants are found in plants and fruits which include: vitamin C, flavonoids, chlorophyll, curcumin, and apigenin.
4. **Train with your back against the sun:** See the back side as your solar panel. Your back is the Yang side of your body, and less sensitive to solar radiation than the front side of the body, which is Yin.

5. **Use sunscreen alternatives:** Olive oil and coconut oil help reflect the sun's rays. Besides that, topical caffeine from coffee is shown to protect the cell's DNA from UV induced damage. By simply adding a few tablespoons of coffee to some water, and putting this in a sprayer, you made your own topical sunscreen. Topical progesterone can also be used in severe cases of skin damage. There is also non nano zinc oxide sunscreen. However looking more into the composition of these sunscreen alternatives, I found many to contain PUFA's which shouldn't belong on the skin.

Essentially it boils down to not being OVERRexposed as I have noticed how many people in the health community promote the message of having no limits to sun exposure.

Sunlight is great, but in the right dose. Even if the body is healthy and strong, overexposure will be harmful. However, you don't want to underexpose too.

Find a balance that works for you, with a focus on multiple spectrums of light + high antioxidant diet and perhaps some sunscreen alternatives.

Foods that are high in antioxidants to protect from sunlight:

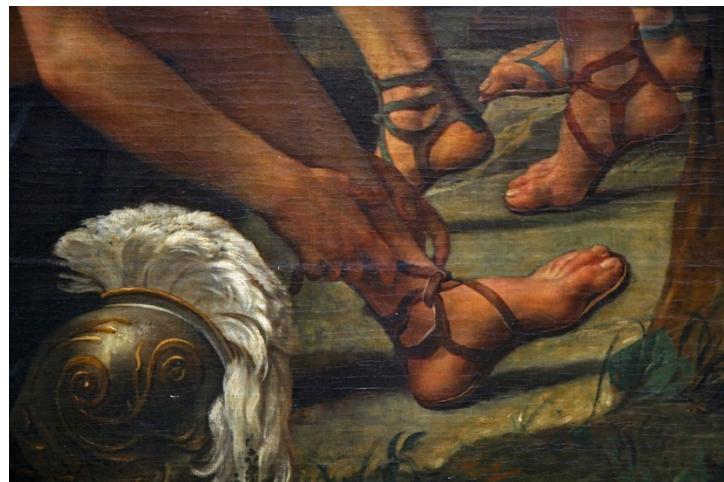
- Red & Organ meats
- Oysters
- Egg yolks
- Olives and olive oil
- Celery/Green juice
- Wild plants
- Raspberries
- Citrus fruit

- Blue green algae/ Sea Weeds
- Tulsi
- Turmeric

2. Train Barefoot

It was said that at the age of 12 a Spartan boy was stripped from his shoes to live and train barefoot until he turns 24.

Until that age, Spartans didn't wear shoes or sandals and relied on callus formation for protection. They had to endure the scorching heat of the earth during summer time, and the freezing ground during winter time.



There are many benefits of training barefoot:

First of all the muscles, ligaments and tendons in your foot get strengthened. Wearing tight footwear results overtime in an atrophied foot = weakness. And as we don't tolerate weakness, we therefore don't wear close fitting footwear.

Training barefoot strengthens the feet in all aspects and beyond. Feet are the foundation. The positioning and integrity of the feet determines the quality of movement. The feet also determine whole body composition and posture, especially influencing the knees and lower back.

When the feet are strong, alignment of the knees and hips will follow and thus the whole skeletal posture.

A feeble foundation causes the knee to endo-rotate, turn inwards, taxing the lateral meniscus. This results then in an endorotation of the femur and a pelvic tilt with muscle imbalance.

Barefoot sandals are the way to go. Check out the grounded athlete's handmade sandals of [GAIA](#) and get a -10% discount by using code "primal10" at checkout.

The sandals are made as such with an imbedded conductive system made from copper and silver.



People feel better when they walk barefoot on the Earth and research has now started to demonstrate why.

Multiple studies show that the body functions more effectively when connected to the natural electric charge and rhythms of the Earth's surface.

Such connection readily provides a unique supply of **electrons** that generates significant protective **antioxidant effects** against chronic inflammation, the underlying cause of many common health disorders.

Barefoot running?

This is something to get used to. Your body is made to move and run barefoot: by landing with the forefoot the Achilles tendon will be loaded eccentrically, holding that charge to then catapult your leg.

Intense, however it is the way for humans to run barefoot. If ran in the past with running shoes your feet will need some time to transition barefoot.

The best way to start training your foot is by walking more barefoot and working out barefoot.

Loading your feet so they can adjust. ONLY then you can start running barefoot.

Never run barefoot with a heel to toe strike, but land with your forefoot. Be careful if you have had a history of ankle strain or Achilles tendon inflammation.

3. Bare Hand Training

Besides barefoot running, barehand boxing was practiced together with wrestling and many others. The fingers are a weak spot of the body, so train them every week ones or twice.

Training the hands:

- Pushup variations such as finger and fist pushups will strengthen the bones of the hands. Include them in your weekly practice.
- Something more advanced than the pushups would be to practice handstands on the tips of your fingers and or on the fists.
- Bare hand boxing is basically punching a boxing hand with your bare fists. The high impact will make the skin and joints stronger, and overtime less sensitive.
- Strengthen your fingers with sand. This is something I personally learned when practicing Kung Fu. You ‘punch’ your fingers (erected not in a fist) in a bucket filled with sand. This will hypertrophy the muscles around the fingers and strengthen the bones.
- Grip training was practiced by carrying heavy shields, stones, each other and even animals. Find something heavy and train your grip strength endurance.

4. Spartans Trained Not for Size

The Spartans didn't train for muscle size but more for utility. They trained with their body weight, with sand bags/dummies and dumbbells. They also trained with each other in the disciplines of boxing, fighting and wrestling. In summary it is all about improvisation: train with the tools you have, at the moment you have them, and use those tools to your full potential.

If you have bricks, use them for deltoid raises. Got resistance bands, well use those when performing pushups or shadow boxing. Got a Thor like hammer, use that to train the shoulders and back.

How the Spartan training regimen looked like:

- Wrestling
- Running and Sprinting
- Climbing Boulders, Ropes and Trees
- Dance
- Weapons, Manual Use
- Throwing Objects
- Grip Strength
- Upper Body Endurance
- Calisthenics

Instead of being ripped, they primarily maxed their **physical endurance & utility** under extreme conditions and specific circumstances like sleep deprivation and caloric restriction. This is why this program focusses on developing multiple pillars or exercise modalities: strength, endurance and mobility.

This training program matches the Spartan's one and is made to create psychological resilience. After all it were the Spartans that stood hold against the Persian army.

5. Spartans Trained Everyday

Their life was centered around training so they trained everyday, but everyday was a differently training day. On the Primal Spartan program we will have one rest day to optimize testosterone production.

However, we could introduce an active rest day where movements help the recovery process.

What is Primal Spartan Training About?

The Spartan training program mimics how the Spartans trained in Ancient times with the tools they had. However, through my research on Spartan training I can assume their testosterone was quite low for several reasons:

1. Their lives were centered around training all day. This can cause too much stress in the long run and thus low testosterone.
2. They had to perform and train under severe sleep deprivation; another reason why their T would have been low.
3. The diet was high in grains and bread, something that would have undermined testosterone production.
4. Too much sun exposure can lower cholesterol drastically, which means that T levels plummet when there isn't enough cholesterol.

5. They were trained under caloric restriction which doesn't favor male hormones and thyroid function. Opt for a slight caloric surplus.

This program takes the best without the T lowering aspects of the Spartan training. Especially the dietary application focusses more on fat and protein, and less on grains and vegetables. Also, instead of training everyday we will have a rest day where you will perform active rest.

Each Workout in This program consists of 4 components:

- One form of endurance (either barefoot or barehand)
- Bodyweight/calisthenics training
- Resistance Training & Explosivity
- Mobility & Flexibility

In addition, the program has also a core and neck training component included to make sure all muscle groups are being trained.

The training will be split up, one training in the morning (endurance) and one during the day (main training). If this doesn't suit your schedule you can do it all at ones.

The program is meant to train with bodyweight predominantly and using aspects of training and nutrition to favor testosterone as much as possible. For this reason endurance comes first as it has been shown that endurance BEFORE resistance training had a beneficial effect on test levels.

How long shall you do this program?

The program is made to perform for 12 weeks, however the principles in here can be applied for long term as the weights, sets and reps can be modified after the program has been completed.

What tools do you need for this program?

The very minimum is required as the program centers around body weight training. The tools you can use are: Dumbbells, sandbags, gymnast rings or TRX, weighted vest or a belt where you can attach weights on, and a few plates.

For recovery: a medicine ball is advised. A foam-roller and or a Gua Sha stone are also useful. Use magnesium chloride as a topical application and aid for muscle recovery and improving sleep in the evening.

THE PRIMAL SPARTAN TRAINING REGIMEN

DAY 1 - Calisthenics and Core

A) Endurance

- **Shadow boxing** is basically boxing in the air. If you don't know how to perform shadow boxing [check this link out](#). Shadow boxing includes foot work, stance position, upper body endurance, punches,...

Best done early in the morning, outside when the sun is rising. You can check your own shadow while boxing for feedback.

Perform 3 sets of 1 minute and with each set, up the intensity and explosivity.
Have a small break after each set.

- **Grip strength** and underarm muscle development will also be trained in the morning. Simply stretch your arms in front of you, and start squeezing your fingers into a fist. Perform AMRAP in 1 set.

B) Core

- **Max plank & hollow position attempts:** as a warm up start with 3 sets of 15 seconds hold.
- **McGill Big 3:** for core stability perform 3 sets in total, reps are indicated below.
 - **Curl ups** - 20 each side
 - **Side plank** - 15 second hold each side
 - **Bird dog** - 10 each side
- **4 Count flutter kicks:** Perform 4 sets of 25 reps (one rep equals the 4 counts).

- Perineum holds: Hold the muscles (gently) of the perineum for 5 - 10 seconds and do this 20 times after each other while sitting.

C) Calisthenics

Box jumps: Perform 4 sets of 15 explosive jumps on a 24 inch/ 60cm box.

Frogstands 3 sets of 1 minute. When the frogstands become easy advance by pushing out one leg, and alternate with the other. Other way to level up is by advancing into a handstand out of frog stand.

Weighted pull/chin ups Perform 4 sets of 12 - 10 - 8 - 6 reps of which the first 2 sets are done with body weight and the 2 last sets are performed with an extra weight.

Weighted dips: 4 sets of 8 - 12 reps of which the first set is bodyweight and the other three ones with weight (2 - 5 kilo).

Pike pushups: 3 sets of 15 reps. The pike pushups must be performed correctly in order to enhance upper body strength and developing the shoulders. It's part of the routine as it helps with handstand pushup and frogstands progression.

D) Mobility

Bridges: Improve **thoracic bridge mobility** with this warm-up first, next perform 1 set of 10 reps with 2 second hold. For **bridge progression** watch the link.

Front and side splits: 3 sets of 20 second holds.

Pike stretch: 3 sets of 20 second holds.

DAY 2 - Sprints, Legs and Neck Training

A) Endurance 20 to 30 min: Barefoot running in barefoot shoes or sandals. At all times breathe through the nose and never breathe through the mouth.

B) Neck Training: Training the neck should be done gradually. Check my neck training guide for a progressive regimen. Train the neck at the start by just the weight of your head and progress with a plate of 1 - 2kg. Neck training also includes stretching the neck (also described in the barbarian neck guide).

- Flexion 3 x 25
- Extension 3 x 25
- Rotation 3 x 15

C) Hill Sprints 12 x 25m Hill + Weight: The sprints will be performed on a hill to train explosivity that comes from the fast twitch muscles. These muscle fibers hypertrophy under explosive movement. If there is no hill, use a flat surface of a minimum of 50m. Sprint with barefoot shoes or sandals to train the feet as well. Start applying a weighted vest of 5kg when doing hill sprints.

D) Leg Day: On this leg day we train the calves, hamstrings and quadriceps by eccentric loading. Eccentric contraction means that the muscle elongates under a load which represents how the legs would work out when in a natural environment. Myofascial releases and stretches are also included and can be done both before (short) training as a warm up and after (long) training as a recovery tool.

- **Single foot jump (no rope):** alternating 3 x 1 min each foot. Some varieties to progress in instead of jumping at one place: jump left to right, front to back or at random.
- **Nordic Curls:** Perform 3 sets of 5 reps with 50 seconds rest. In the beginning it won't be possible to perform a full nordic curl, so go to the range where you feel you will fall and the return back OR go to the range where you feel you will fall, break your fall with your hands and by the means of a push up come back straight to restart the nordic curl.
- **Reverse Nordic Curls:** Perform 4 sets of 12 reps with 50 second rest. When the reverse nordic becomes too easy, use a small weight.
- **Myofascial release:** Releasing the muscle trigger points and fascia is in my viewpoint superior to simply stretching. For today's releases focus on the calves and quadriceps with a lacrosse ball.
- **Dynamic stretches:** A dynamic stretch can be done by actively lengthening the muscle and stretching it out. This is not passive but active. For the hamstrings apply a **dynamic stretch** 3 times 20 - 40 seconds.
- **Pike stretch:** 3 sets of 20 second holds for a passive stretch.

For recovery: Use **topical magnesium** oil/chloride on the legs and massage it in.

DAY 3 - Upper Body, Grip and Core

A) Endurance: Shadow boxing perform 5 sets of 1 minute and with each set increase the intensity. Have 30 second rests between each set. Perform 8 minute rope skip after shadow boxing.

B) Body Weight Training

- **Hanging for grip (warm up):** 2 sets of 1 minute hang. If this becomes too easy, apply either extra weight (weighted vest) or perform the hang with one arm.
- **Eccentric pull ups:** 4 sets of 12 - 10 - 8 - 6 reps. When this becomes easy, either use a weighted vest or switch to assisted one arm eccentric pull ups.
- **Bodyweight rows:** 5 sets of 15 - 20 reps.
- **Weighted dips:** 4 sets of 8 - 12 reps of which the first set is bodyweight and the other three ones with weight (2 - 5 kilo).

B) Core:

- **Max plank & hollow position attempts:** as a warm up start with 3 sets of 15 seconds hold.
- **McGill Big 3:** for core stability perform 3 sets in total, reps are indicated below.
 - **Curl ups** 20 each side
 - **Side plank** 15 second hold each side
 - **Bird dog** 10 each side
- **4 Count flutter kicks:** Perform 4 sets of 25 reps (one rep equals the 4 counts).

- Perineum holds: Hold the muscles (gently) of the perineum for 5 - 10 and do this 20 times after eachother.

Mobility

Circuit: Perform 2 sets of 20 reps for each exercise. Have 1 minute break after completing one full circuit.

- **Wall Slide**
- **Scapular Pushup**
- **Ham Bridge**

DAY 4 - Conditioning, Legs and Neck

A) Conditioning: Cardio run 20 - 30 minutes as warm up performed with medium high intensity.

Next are a-lactic intervals which you will perform for 30 minutes, thus six sets.

Breakdown of A-lactic intervals:

- **Burpees** for 1 minute AMRAP.
- 1 minute rest
- Jump rope 3 minutes.
- Repeat

B) Legs

- **Knees Over Toes:** As a warm up perform 4 sets of 10 reps. Don't do this when having any knee problems*
- **(DB) Romanian Deadlifts:** 4 sets of 12 reps.
- **DB Lunges:** 3 sets of 8 steps. The trick is to focus on the quality of the movement and perform it barefoot.
- **Nordic Curls:** Perform 5 sets of 5 - 4 - 4 - 3 - 3 reps with 50 seconds rest in between. In the beginning it won't be possible to perform a full nordic curl, so go to the range where you feel you will fall and the return back OR go to the range where you feel you will fall, break your fall with your hands and by the means of a push up come back straight to restart the nordic curl.
- **Reverse Nordic Curls:** Perform 5 sets of 7 slow reps with + extra weight with a 50 second rest between sets.
- **Knee Jumps:** 5 sets of 8 reps, and address difficulty according to your needs. Watch the video for one leg progression.

C) Neck training

Training the neck should be done gradually. Check my neck training guide for a progressive regimen. Train the neck at the start by just the weight of your head and progress with a plate of 1 - 2kg. Neck training also includes stretching the neck (also described in the barbarian neck guide).

- Flexion 3 x 25
- Extension 3 x 25
- Rotation 3 x 15

D) Mobility

Circuit: Perform reps for each exercise. Have 1 minute break after completing one full circuit.

- **No Hand Getup**
- **Scorpion**
- **Dead Bug**

DAY 5 - Dumbbell Day and Core

A) Endurance

Shadow boxing perform 5 sets of 1 minute and with each set increase the intensity. Have 30 second rests between each set. Perform 8 minute rope skip after shadow boxing.

B) Core

- **Max plank & hollow position attempts:** as a warm up start with 3 sets of 15 seconds hold.
- **McGill Big 3:** for core stability perform 3 sets in total, reps are indicated below.
 - **Curl ups** 20 each side
 - **Side plank** 15 second hold each side
 - **Bird dog** 10 each side
- **4 Count flutter kicks:** Perform 4 sets of 25 reps (one rep equals the 4 counts).
- Perineum holds: Hold the muscles (gently) of the perineum for 5 - 10 and do this 20 times after each other.

C) Dumbbell Workout 3 to 4 sets

- **DB Overhead Press:** 20 - 25 reps.
- **Hammer curls:** 20 reps.
- **DB Deltoid Raises (rest after circuit is completed):**

Seated DB Front raise -15 reps.

Seated DB lateral Raise -15 reps.

Seated Dumbbell Rear Delt Raise - 15 reps

- **DB Goblet Squat:** 15 reps

D) Mobility

Bridges: Improve **thoracic bridge mobility** with this warm-up first, next perform 1 set of 10 reps with 2 second hold. For **bridge progression** watch the link.

Front and side splits: 3 sets of 20 second holds.

Pike stretch: 3 sets of 20 second holds.

DAY 6 - Spartan Murph and Neck

A) Endurance

- **Shadow boxing:** perform 3 sets of 1 minute and use this time a small weight of 0,5 - 1kg. Have 30 second rests between each set.
- **Handstands:** perform a handstands as long as possible for three times.

B) Neck training: Training the neck should be done gradually. Check my neck training guide for a progressive regimen. Train the neck at the start by just the weight of your head and progress with a plate of 1 - 2 - 5kg. Neck training also includes stretching the neck (also described in the barbarian neck guide).

- Flexion 3 x 25
- Extension 3 x 25
- Rotation 3 x 15

C) Spartan Murph is designed to spread over the day which allows to max sets and reps. After completing this day focus must be shifted on recovery.

- **Cardio run:** Intense run for 40 minutes.
- **Push ups:** This day you will do 100 to 200 push ups. Spread throughout the day, 4 sets of 25 reps for 100 PU's, or 10 sets of 20 reps for 200 PU's.
- **Pull/chin ups:** 10 sets of 10 reps. Perform 100 pull ups with or without added weight. Split throughout the day.
- **Weighted dips:** 4 sets of 8 - 12 reps of which the first set is bodyweight and the other three ones with weight (2 - 5 kilo).

D) Mobility + Flexibility

- **Front and side split progression:** 5 sets of 25 second holds.
- **Pike stretch:** 4 sets of 20 second holds.
- **Ido's Squat Routine**

DAY 7 - REST DAY

- **Ido's Squat Routine**
- **Myofascial Release + Stretches (Full body)**
- **Hot Bath + Max on Magnesium Chloride**

In Summum

Day 1

Endurance

Shadow boxing 3 x 1 min

Grip strength AMRAP

Core

Max plank & hollow position attempts 3 x 15 sec

McGill Big 3 - 3 x 20 CU, 15 SP, 10 BD

Flutter kicks 4 x 25

Perineum holds 20 x 5 - 10 sec

Calisthenics

Frogstands 3 x 1 min

pull/chin ups 4 x 12 - 10 - 8 - 6 + weight

Weighted dips: 4 x 8 - 12 + weight

Pike pushups: 3 x 15

Box jumps: 4 x 15

Mobility & Flexibility

Bridges 1 x 10 with 2 second hold

Front and side splits 3 x 20 sec

Day 2

Endurance

Run 20 - 30 min

Neck

Flexion 3 x 25

Extension 3 x 25

Rotation 3 x 15

Explosivity

Hill Sprints 12 x 25m Hill + Weighted Vest

Legs

Single foot jump 3 x 1 min/foot

Nordic Curls 3 x 5

Reverse Nordics 4 x 12

Myofascial releases + Dynamic stretches 3 x 20 - 40 sec

Day 3

Endurance

Shadow Boxing 5 x 1 min + jump rope 8 min

Calisthenics

Hanging for grip 2 x 1 min

Eccentric pull ups 4 x 12 - 10 - 8 - 6

Bodyweight rows 5 x 15

Weighted dips 4 x 10

Core

Max plank & hollow position attempts 3 x 15 sec

McGill Big 3 - 3 x 20 CU, 15 SP, 10 BD

Flutter kicks 4 x 25

Perineum holds 20 x 5 - 10 sec

Mobility Circuit 2 x 20

Wallslide

Scapular Pushup

Hambridge

Day 4

Conditioning

Cardio run 20 - 30 min

Intervals > Burpees 1 min > Rest 1 min > Jump rope 3 min > repeat

Legs

Knees over toes 4 x 10

DB Romanian Deadlift 4 x 12

DB Lunges 3 x 12

Nordic Curls 5 x 5 - 4 - 4 - 3 - 3

Reverse Nordic 5 x 7 + weight

Knee Jumps 5 x 8

Neck

Flexion 3 x 25

Extension 3 x 25

Rotation 3 x 15

Mobility 2 x 20

No hand get-up

Scorpion

Dead Bug

Day 5

Endurance

Shadow boxing 5 x 1 min + Jump rope 8 min

Core

Max plank & hollow position attempts 3 x 15 sec

McGill Big 3 - 3 x 20 CU, 15 SP, 10 BD

Flutter kicks 4 x 25

Perineum holds 20 x 5 - 10 sec

DB Workout 3 - 4 sets

DB Overhead Press: 20 - 25 reps.

Hammer curls: 20 reps.

DB Deltoid Raises (circuit):

Seated DB Front raise - 15 reps.

Seated DB lateral Raise - 15 reps.

Seated Dumbbell Rear Delt Raise - 15 reps

DB Goblet Squat: 15 reps

Mobility

Bridges 1 x 10 reps of 2 sec holds

Front & side split 3 x 20 sec

Pike stretch 3 x 20

Day 6

Endurance

Shadow boxing + weight 3 x 1 min

Handstands ALAP

Neck

Flexion 3 x 25

Extension 3 x 25

Rotation 3 x 15

Spartan Murph

40 min cardio run

100 - 200 push ups (spread out the day)

100 pull/chin ups (spread out the day)

Weighted dips 4 x 8 - 12 reps

Mobility + Flexibility

Front and side split 5 x 25 sec

Pike stretch 4 x 25 sec

Ido's Squat Routine

TOOLS FOR RECOVERY

Recovery is as important, maybe even more important than training itself. It is the time after the exercise where muscle building is initiated after the breakdown.

Construction after destruction.

Destruction is easy and takes little time, whereas construction takes much effort and resources to rebuild & improve. This is why we will emphasize the support for the constructive forces.

Healing is needed, but do you know what it takes to HEAL in a right manner?

Sun light as we mentioned above, the sun is your ally for both performance and recovery.

Restorative Sleep demands energy at night. Do you feel like waking up during the night around 3AM several times per week? This is most likely because of an energy deficit.

During the night the liver works the night shift and when the liver is overworked, the glycogen stores are close to nothing, . When this happens you wake up because your body perceives a lack of energy, meaning it is in a stressed state.

Therefore my advice would be to eat some fruit an hour before going to sleep.

Eating some fruit will replenish the liver with glycogen better than any other carb. Fructose in fruit is the best sugar for liver glycogen stores.

When you start to apply this simple trick you will not only have better quality of sleep, but also better recovery at night.

RICE and POLICE?

Don't apply the RICE or POLICE principles which stand for Rest Ice Compression and Elevation, or Protect Optimal Loading. These are principles that I learned in university, however when researching and getting a closer look I found out that some years later the developer of these principles advocated to not use them anymore for recovery. The inventor of these principles admitted his mistakes but for some reasons these false principles are still taught in universities.

Instead do the contrary: apply heat – movement – elevation & traction for better recovery.

Heat will induce blood flow to the muscles, movement and elevation as well. Traction, through stretching, will decompress the joints and will stretch the muscles. These tools will induce BETTER recovery.

Myofascial Release

The Apoxyomenos also known as the Strigil (Greek: στριγίς) is a tool designed for the cleansing of the skin by scraping off sweat, dead skin cells and dirt after training the body.

Besides being a cleansing tool, the Strigil also released trigger points while massaging the fascia.



Maybe this practice came from the East as the Apoxyomenos represents a variation of the **Chinese Gua Sha** stones.

Because we are not in ancient China nor Greece we can use more modern tools like the **lacrosse ball** and the **theracane** to release the trigger points and myofascia.

Topical Magnesium Chloride

Magnesium chloride is a form of magnesium that can be applied transdermally, meaning it can penetrate the skin and enter the bloodstream and surrounding muscles.

Simply dissolve magnesium chloride flakes in lukewarm water and spray it on the skin or use a magnesium chloride oil and massage that on the muscles.

THE HIGH THUMOS DIET

Eat Like The Spartans

THE SPARTAN DIET

The diet of the Spartans reflected their Ethos: it was minimalistic and served the purpose to toughen them up, not to make one fat or weak.

An example of this was pig broth, a blackish porridge that was made from pig's blood and some meat in the right proportions so that the soldiers would still be hungry afterwards, keeping them alert and aggressive.

The Spartan society was self-sufficient: food supply came from local farms that surrounded Sparta, and were cultivated by the Helots (slaves) who served Sparta.

Meat came both from livestock and game and these included pigs, sheep, goats, fish and hunted animals like deer, rabbits and wild boar.

Fresh fruits like grapes and figs were consumed altogether with honey, milk, cheeses and breads. These were common Spartan solar foods fresh from the land, the river or the udder.

Some principles to apply from The High Thumos Diet:

1. Training heavily is best done on an empty stomach; therefore a small break fast that consists of fruit juices, fruit and some easy to digest protein like eggs or dairy are preferable or nothing at all. Working out in a fasted but hydrated state will work for most men on this program, especially if weight loss is the goal.
2. Eating lightly throughout the day will **thin** the blood, creating a perfect environment for endurance and strenuous exercise. On the other hand, eating more heavily in the late afternoon will **thicken** the blood and allows the body to build and recover.

3. Use nutrient dense foods predominantly from beepollen, seafood, organ meats, and bone marrow or blood. These will help with metabolism, testosterone production and buffer the stress response. These are your HIGH THUMOS food staples.

A Spartan Mediterranean diet would translate in modern times as:

- Fresh cow's, goat and sheep meat, organs and blood
- Broths and soups made from meat, blood and bones
- Eggs from all kinds of birds
- Wild caught fish and hunted game
- Sourdough bread, honey and carbs from fresh or dried fruits
- Raw dairy as in milk, cream, cheeses and butter

HIGH THUMOS FOODS

The Spartans ate a diet that favored their testosterone levels and recovery.

Black pork soup was made from pork's blood, chunks of meat and served with some bread. Maybe not available for most of us, the alternative would be blood sausage or black pudding, which is basically blood with sometimes rice or a grain and a variety of spices.

First of all, pork is an excellent source of protein with high biological value (meaning it contains all the necessary amino acids), but it is also one of the best sources of B vitamins, which play a role in releasing energy from carbohydrates.

In addition, a 100-gram serving provides 30% of the body's need for zinc, a mineral that activates more than 100 enzymes in the body and is essential for DNA production. The blood in the recipe was a source of calories, protein and iron. Combined with bread, they had a full, fortifying meal.

Include it in your diet: Of course, we are not going to suggest you cook blood with meat and drink it every day, but you can make a soup inspired by this broth or get the black pudding/blood sausage.

Daily protein intake: strive for 1,5 to 2 grams of protein/kg body weight and have protein with every meal!

Bone marrow is full of collagen, saturated fat, fat soluble vitamins, stem cells, GAG's or glycosaminoglycans, and trace minerals. Bone marrow is quite high in the mineral copper. Copper accumulates in the bone marrow and that is the reason why copper participates in the formation of blood cells.

Bone marrow can be eaten to repair tissue, lower inflammation, and to restore from physical exercise. Bone marrow is pro testosterone as it is a stress lowering food and provides enough saturated fat and pro metabolic nutrients.

Liver

The liver is considered to be a sacred organ that you would like to start adding more into the diet. It is the densest source of **vitamin A, choline, and copper**. Besides that, liver supplies with B12, B6, folate, biotin, zinc, selenium, iron and other fat soluble vitamins. It has some CoQ10 but lesser amounts than the heart. Consider liver as your multi mineral & vitamin supplement from now on.

Liver is a great protein source too, supplying around 25 grams of protein per 100 gram serving.

Liver is high in **leucine** which is the amino acid for **inducing growth** (muscle mass). When a certain amount of leucine is present in the diet, this amino acid stimulates muscle growth via protein synthesis and together with vitamin A you have the perfect combination to max muscle size naturally.

Small Fish & Fish Heads

Eating small fish with the heads still on is super nutritious as the head contains the eyes, brain, thyroid and much cartilage it forms a unique and dense nutrient bomb.

Fish heads are particularly high in active retinol or vitamins A, D, omega 3's, and minerals like zinc, selenium and iodine. Besides that, fish heads with the thyroid gland intact provide trace amounts of active thyroid hormone (T3) that can help with hormonal balance and the increase of anabolic hormones testosterone and DHT.

Shrimp & Octopus

Both shrimp and octopus are a rich source of the amino acids **glycine** and **taurine**. When **glycine** binds to its receptors both **dopamine** and **GABA** are increased.

GABA stands for gamma amino butyric acid and induces a calm state of mind. This is why seafood is advised to be eaten in the late afternoon between 5 and 7PM as it increases GABA activity which will favor sleep later on.

Taurine can also increase dopamine by activating the nicotinic acetylcholine receptor while it is also a **GABA agonist**.

Taurine is also effective in raising **testosterone** levels by promoting the conversion of cholesterol into testosterone. Taurine is also needed for bile production and therefore helps with fat soluble vitamin uptake.

Polyunsaturated fatty acids or PUFA's can decrease testosterone by causing oxidative stress, increase the aromatase enzyme and also inhibits DHT

production. PUFA's can also inhibit the binding of androgens to the androgen receptors and can even cause damage to the androgen receptor.

All PUFA's must be minimized and this also includes **omega 3's and omega 3 supplements***. Shrimp, octopus, mussels and oysters are healthy sources of omega 3 fatty acids as they come with vitamin E, A and C, together with zin and selenium which are all antioxidants that will prevent the oxidation/ going rancid of the omega 3's.

**Regarding omega 3 supplements: avoid them at all costs*

Olives and olive oil are native to the Mediterranean and the tree is considered to be holy.

The older the tree gets the better the fruit will be. The fruits provide healthy fats, fibre and probiotics such as *Lactobacillus Reuteri* which not only favors the gut flora but also the skin flora (think though skin that resists arrows).

Antioxidants like vitamin E are also present in olive oil, which protect against UV radiation. Vitamin E is a potential anti-aromatase agent and is shown to increase testosterone with 18%. Consume lots of raw cold pressed olive oil as you can and source quality olives in bulk if you can.

Olives contain aromatase inhibitors **apigenin** and the most prominent one **oleuropein** which is higher concentrated in the leaves. Oleuropein present in olives and olive leaf has the ability to improve **thyroid function** while also protects against BPA induced damage on Thyroid function (Mahmoudi et al., 2018). Oleuropein also increases **blood flow** by increasing nitric oxide (can cause hypo tension). Besides that, oleuropein has some precognitive effects as it boosts dopamine - something we want on the high testosterone lifestyle.

Green or Black Olives?

Olives are green if they are harvested before they are fully ripe and the longer they are left to ripen, the more they change color, turning purple and then black.

Olives are a good source of minerals too, especially: calcium, magnesium, potassium and sulfur.

Quality olives are either brine or water cured and are not preserved with additives. Check out this [site](#) for more info on high quality olives.



Pomegranates

Fruits of the Gods: Pomegranates are one of the heirloom fruits and medicines for Primal Spartans. Most fruits are being modified and don't represent their natural wild state anymore, but the pomegranate resists this change and can be considered an original or heirloom fruit.

It is particularly good for the cardiovascular system, cleaning up arterial plaque and supportive to the heart. The dietary nitrite within the fruit is being converted into nitric oxide through an alchemical process by bacteria within the gut.

Further, the antioxidants found in pomegranates are protective for prostate diseases and for the testis resulting in more total and free testosterone

production. Pomegranates do also favor brain health as they are proven to increase levels of BDNF in the brain.

What NOT to do is to eat pomegranates before sleep as they do lower melatonin levels.



Raw Dairy

Milk and cheese are foods for Hero's. The Spartans relied on fresh and cultured dairy and it is known that they consumed fermented beverages too like wine and kefir.

Cheeses were an important food in ancient Spartan times as it was their source muscle building nutrients: calcium, protein and CLA or conjugated Linoleic Acid.

Cheese was so foundational that the Greeks even made their own cheesecake.

That's right.

The Ancient Greeks Invented The Cheesecake.

The Ancient Greeks ate a diet rich in dairy to support their performance in preparation of the Olympics.

It was common to nourish athletes with cheesecake at the first Olympic games in 776 B.C. to provide them with energy.

These athletes were fueled with milk and cheese as their main protein source, and dairy was praised: **“Milk is just about the most wholesome of any of the foods we consume.”**

The earliest attest mentioning cheesecake is by Greek physician Aegimus, who wrote a book on the art of making cheesecakes.

The first recorded cheesecake recipe was written by Athenaeus, he was credited for writing it in 230 A.D.

By this time, the Greeks had been serving cheesecake for over 2,000 years.

The recipe

The recipe was really simple, consisting back than out of fresh cheese, flour, honey and some poppy seeds. Raw cheese is a condensed form of milk, and has a higher nutritional value in vitamin K2 especially when cheeses are fermented and aged for a longer period of time.

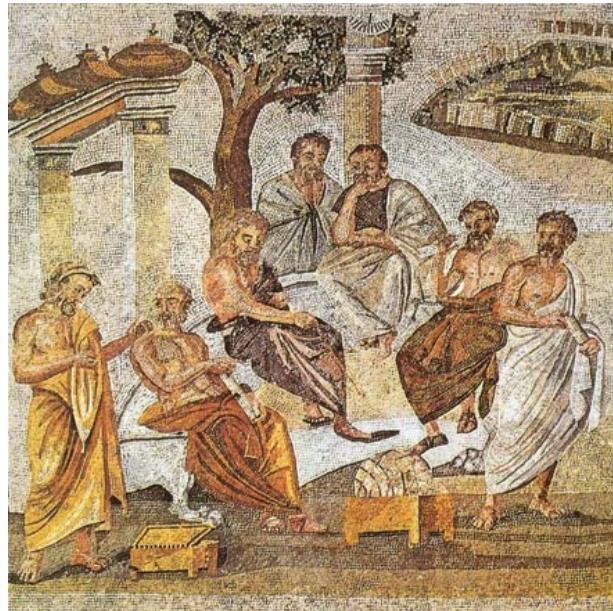
Called activator X by Weston A Price.

Vitamin K is a fat soluble vitamin that supports:

- Metabolism and ATP production
- Bone and dental health
- Supports mitochondrial function
- Increases T production in Leydig cells

The Greeks had it right when it came to athletics and performance, enriching their diets with cheesecake.

Cheeses are a good source of bacteria like L Rhamnosus, enzymes, saturated fat, fat soluble vitamins and protein. Cheese makes you feel good too, it can become quite addictive as casomorphins bind to the opioid receptors in your brain, releasing a good amount of dopamine.



THUMOS CHEESECAKE

Ingredients:

500g Raw Fresh Cheese, 100g Flour, 1 Egg and 50g Honey. Mix and bake in the oven. Checkout the full video (link above).

Apitherapy

It is interesting to note that beekeepers live longer and have less overall chronic diseases. The application of bee venom and bee products for health is called apitherapy. The word "apitherapy" comes from the Greek "apis" meaning bee, and "therapeía" meaning therapy.

Why are raw bee products so medicinal?

Because of their enzymatic value. Bee pollen alone contains about 5,000 enzymes, several minerals like copper, protein and B vitamins. The medicine comes when you are consistent with it, applying small doses of bee products over a LONG timeframe.



MACRO'S & MICRO'S

Spartan sources of **carbs** are:

- All kinds of potatoes
- Other tubers, parsnips, beets,...
- White rice and risotto
- Seasonal fruits: citrus, figs, pomegranates
- Sourdough bread (in moderation)
- Raw milk and honey

Spartan sources of **fats** are:

- Egg yolks from chickens, ducks and geese
- Animal fat from lard and tallow
- Olives and Olive oil* (not to cook with)
- Dairy, raw butter, milk, cream and cheeses

Spartan sources of **protein**:

- Organ meats like liver, heart and kidneys
- Red meat, pork, black pudding and game
- Seafood like shrimp, octopus, crab, squid, sea urchin...
- White fish of all kinds
- Eggs both raw and cooked
- Bone broth and bone marrow
- Bee pollen

High Thumos Foods:

- Blood & Raw organ meats
- Sea foods and algae
- Fermented bee pollen
- Bone marrow

shared by - @mrdrastic

- The End -